



STEP 1

Understanding your risk:
Do I need to be screened
for PAD?

Understanding your **family health history**

Family health history can potentially increase your chances of developing PAD.

Kicking off the conversation with your family about their health history is important to understanding if you or a loved one are at higher risk for developing PAD. Use the check list below as a guide for your discussion and take it with you to your next doctor's appointment to address these potential risk factors and whether or not you should be screened for PAD.



Tobacco use including smoking or chewing

80% of patients with PAD are smokers or former smokers (AHA)



Diabetes

People who have diabetes are three to four times more likely to get PAD (NIH)



High blood pressure

Up to 50% of patients with symptomatic PAD also have high blood pressure (NIH)

Over age 50
(risk increases with age)

A personal or family
history of heart or
blood vessel disease

High cholesterol

Kidney disease or
being on dialysis